

# SELF ESTEEM & SELF WORTH

DEAR MY SELF



Centre for Counselling Services



pcb.taylors



# TIPS TO IMPROVE SELF ESTEEM



THINK POSITIVELY



PUT YOURSELF  
FIRST

# TIPS TO IMPROVE SELF ESTEEM



DO THE THINGS YOU  
ENJOY



SELF  
DEVELOPMENT

# YOU:

YOU'RE  
VALUABLE

YOU'RE  
BEAUTIFUL

YOU'RE  
ENOUGH

YOU'RE  
CAPABLE



# SELF ESTEEM CHECKLIST

- STOP CRITICISING YOURSELF
- PRACTICE SAYING 'NO'
- TAKE RISKS
- POSITIVE RELATIONSHIPS
- IDENTIFY WHAT YOU NEED  
AND WANT

EXISTS TO BE HAPPY,  
NOT TO IMPRESS



## CENTRE FOR COUNSELLING SERVICES

CENTRE FOR COUNSELLING SERVICES (CCS)

MONDAY - FRIDAY, 8AM-6PM

E-SESSIONS AVAILABLE

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